Ageing Well in Sedgemoor

Class Name	Where?	When?	Cost
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls. Call 01823 345614 for details.	Axbridge, Bridgwater, Burnham on Sea, Shipham	Call 01823 345614 for details	£4.00
Yoga, Stretch and Flex - Combines breathing and relaxation movements to balance the mind and improve flexibility.	Axbridge	Mondays at 10am	£5.00
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Join in seated or standing.	Brent Knoll	Thursdays at 10.30am	£5.00
Mature Movers - Fun, fairly active movement to music class that is great for improving strength, balance and co-ordination.	Bridgwater	Tuesdays at 2.30pm	£5.00
Walking Football- A gentle, inclusive version of the beautiful game.	Bridgwater	Saturdays at 10:30am	£2.00
Yoga, Stretch and Flex - As above	Bridgwater	Wed, 10:30am	£5.00
Flexercise - Fun, gentle chair based exercises.	Cannington	Fri, 10.30am	£3.00
Tai Chi QiGong - As above	Cannington	Thurs,	£3.00
Movement to Music - For general fitness and for improving balance, co-ordination and circulation. Seated and Standing.	Cheddar	Tuesdays at 2pm	£5.00
Mature Movers - As above	Pawlett	Tues, 2.30pm	£5.00
Flexercise - As above	Spaxton	Thurs, 2.00pm	£3.00

For more information please contact Age UK Somerset - 01823 345626
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